



4 “B”s

for Weight Loss Safety

1

BEWARE of products and programs that use these terms:

- “Miraculous breakthrough”
- “Newly found secret”
- “Fat buster”
- Weight loss with no effort or exercise
- Eat all you want

2

BURN more calories than you take in.

- Move more. Sit less.
- For many people who are overweight, cutting about 500 calories a day is a good place to start for a healthy weight loss.
- Get a personalized eating plan from myplate.gov.

3

BUILD a healthy plate. Make half of your plate vegetables and fruits; one quarter whole-grains and starchy vegetables; and one quarter lean meat and protein foods.

4

BEGIN a lifelong program of healthy eating and regular physical activity to control your weight. Avoid fad diets and yo-yo dieting.

